

THE HEALTH FOOD COMPANY.

[A medical gentleman, who has made the subject of food a careful study for many years, was invited to acquaint himself with the plans and operations of the Health Food Company of New York, and to report his conclusions for publication. He accepted the invitation, and his very readable and instructive account of his interview is herewith presented in his own language, as originally published.]

Your invitation to investigate and describe the doings of the Health Food Company, of No. 74 Fourth Avenue, New York City, is cheerfully responded to in the interest of that humanity, in behalf of which you are laboring so efficiently, and for the advancement of which they are far from being idle. While I cannot do justice to the subject in one article, I can at least explain their leading thought. They believe as everybody does who reasons—that the principal article of human food in America is a robbed, depreciated substance, incapable of sustaining human life. They believe that the human animal in America is drenched with starch, and destroyed by it. They believe that the ten thousand mills in America which are to-day engaged in pulverizing wheat and sifting from it its gray matter, are only to be classed as shorteners of human longevity, as destroyers of human life, with the distilleries of the land, and that the extermination of one is not more to be desired than the annihilation of the other.

Thus far you will admit that they are not heretics; with the next stage of their belief you will, I hope, as fully agree.

They assert that upon the exterior surface of each and every grain of wheat there is a fibrous, siliceous skin which is worthless as food, and injurious as an ingredient of food. They invite you to look through a powerful microscope at a grain of wheat of your own selection, and the object presented to your vision is not more attractive than the following drawing, is, in fact, rather more repulsive in appearance.



A MAGNIFIED GRAIN OF WHEAT.

As you look through the magnifier you discover a rough and bristling structure, shaggy as the bark of some gnarled old oak, with much dust and many insects' eggs stored away in the crevices, and you feel certain that the substance under examination could not have been designed for human food. You want to seize upon that monstrous, unclean cocoon, and scrape, and brush, and scrub it, until you get through the unwholesome rind, and expose the cleanly food to view. You are next invited to select from another parcel a second grain of wheat, which is then placed beneath the glass, and exposed to view. Here is what the eye rests upon, as nearly as a simple drawing can reproduce it.



A MAGNIFIED GRAIN OF WHEAT WITH COAT OF SILEX AND WOODY FIBER REMOVED.

It is a clean, smooth, highly-polished affair, with a surface no longer dense but semi-transparent, and in color a trifle lighter than the other.

In losing its bristling beard, its shaggy coat, and its concealed accumulations, it is not seemingly lessened in size. Magnified sections of wheat, hulled and unhulled, added to some chemical tests, show you that the shelly substance removed is not food, and that all else contained in the berry is food. You are then shown great quantities of the hulls, which you examine in various ways, and with a constantly increasing conviction that they are vicious things to be received into the human stomach. At this point you may apply a most convincing test. You are told that chemistry indicates nothing nutritive in these shells, and that even the grainy flavor is absent from them. Involuntarily you put a pinch of them in your mouth to determine their insipidity. From that moment, it may be for many days, life is a burden to you. Those particles of glass—for glass they chiefly are—seize hold of the membranes of the mouth and fauces, burrow into them, irritate, inflame, annoy you, until you wish you had taken the word of the philosopher in charge, who assured you that these penetrating particles were not good things to eat.

From the wheat denuded of its protecting hull, various articles are made. By a pounding process which coarsely bruises the grain, a substitute for crushed or cracked wheat is produced. By still more pounding, a wheat meal is secured. By a washing process the starch is removed from this meal, leaving only the gluten, which is found to possess peculiar value as a medicinal food. They have also an article called Cold-Blast or Cold-Ground Whole Wheat Flour, which is a fine flour made from the entire berry, by the explosive power of cold compressed air, the use of mill-stones, as well as bolts and sieves being avoided. This flour yields a very pleasant and nutritive bread. The hulls of oats are removed by a process similar to that employed upon wheat, and by this means an article of great purity and palatability is secured, which they denominate "Pearled Oats." Barley and Rye are similarly hulled.

When the question is asked the Health Food Company, "Is it not true that nutritious and innutritious matter should be taken into the stomach together, so that an active condition of the alimentary canal shall be secured and constipation avoided?" they reply, "Certainly not; a grosser fallacy was never conceived of. The object of eating is to take food and nothing else. If every atom of inert matter could be eliminated from substances swallowed, indigestion would be almost unknown. You can not mix harsh substances with food without serious loss of the food-portion, which passes through the alimentary canal unassimilated, by reason of its base association. Our exhaustive tests prove that not less than one-half of the real food contained in 'Graham Gems,' crushed wheat, etc., passes unchanged, and may be recovered from the excrement. A like result attends the swallowing of the skins and seeds of grapes and apples. Our great work is to withdraw the trash from foods and leave nothing but nutriment. We do not sift or bolt our cereals, nor do we remove a tangible amount of nutrient substance. From one hundred pounds of wheat we remove seven pounds of dirt and wood and silex—peeling each kernel as one peels a potato or a tomato. The skin is small in quantity, but wonderfully potent as an irritant. Its action upon the lower bowels is the action of the cathartic. Catharris is depletion always, and habitual depletion is a condition to be avoided. It can always be induced by substances which can not be emulsified. Without emulsification assimilation is impossible of course. One effect of the habitual employment of substances which can not be reduced to a pulp, is to lessen stomachic and intestinal energy. Now, no human stomach can emulsify wheat hulls. You could not boil them to a pulp in water, in a century. Only a caustic alkali or a mineral acid can dissolve them. Examine the substance voided from the bowels by those who swallow these hulls, and you find the flakes unchanged. Their needle-like points are not blunted, their serrated edges are not dulled. So we feel justified in removing them precisely as we would feel justified in leaching vegetables of their skins, or fruits of their seeds, or in remov-

ing from our feed any harsh, or straw-like, or gritty substance having no food value and no solubility. We have proved to the satisfaction of a multitude of constipated dyspeptics that our theory is correct. They come to us from all quarters, and bear with them a look of attenuation painful to behold. Some have relied on pills and many upon bran for the cathartic action. The pill-swallower who began with one, finds a dozen insufficient. The other commenced with Graham bread or mush, and when that proved inadequate he resorted to more bran, until a movement of the bowels without the employment of a considerable quantity of these rasping hulls became impossible. In both cases the drain upon the system is enormous. Of course the fluid poured into the alimentary canal to protect it against the blistering effect of the chemical or the scratching power of the mechanical irritant, must inevitably sap the vital powers. It does not weaken like actual blood-letting, but it weakens, nevertheless. But this is not all. That very important part of the digestive process performed in the stomach, is but imperfectly performed in the presence of harsh materials. The sensitive stomach declines to contract upon and knead and agitate a mass of food which bristles with thorny points. It may attempt it, but it will no more continue to discharge that important function with energy, than you would consent to close your hand a second time upon a cushion of concealed needles. Without this action on the part of the stomach we have unarrested fermentation, in lieu of what is known as digestion, and unarrested fermentation is attended with acid-eructations, regurgitation of food, nausea, headache, flatulences, "heartburn," a sense of weight and general discomfort. These are annoying experiences, but they are trifling compared with the evils which accompany them. The mal-nutrition which these symptoms announce, paves the way for a multitude of devastating diseases. Time would fail us in alluding to all of these. There is scarcely a disease in the catalogue of diseases of which imperfect nutrition may not be the forerunner and precursor.

"We feed these sufferers if they are willing to be fed, and by feeding we cure them. We ask them to throw aside the chemical cathartic, such as calomel and jalap, and aloes; the blistering cathartic, such as croton oil, and the scratching, irritating cathartic, such as cereal hulls. We tell them that all these purgatives are but temporary expedients, and must not be permanently employed. We show the drug takers that their physic has absolutely nothing in it but destruction, if long-continued; that there never was a pound of flesh in the biggest ship-load of medicine brought from afar. We tell the bran-eater that there is a splendid food-substance adhering to his bran as sifted from the flour, and that but for the terrible fermentive and scouring influence of the hulls upon which that food substance is consolidated by the grinding process, no food known to science could be deemed half as valuable. We convert both classes, because reason and science sustain us. We prescribe this wonderfully bland, nutritive food—the pure hullless gluten of wheat, rich in blood-making and muscle-making capacity, and especially rich in the food-qualities demanded by the brain and nerve tissues. Thus the ganglionic nerve-centers of the intestinal canal are nourished and supported, and there is no such thing as torpor anywhere along the channel of digestion from the salivary glands to the lower sphincter. Constipation speedily becomes a thing of the past. Hemorrhoids disappear like magic, first, because new relations, better conditions are instituted, and, secondly, because all that remains to be cast off by way of the bowels is bland and non-irritating, and lacks the power to scratch, and tear, and lacerate the delicate membrane."

"I have given you a single item of the ~~philosophy~~ philosophy of the Health Food Company, which they pronounce to the investigator with a good deal of enthusiasm, and accompany with a vast array of testimony from relieved

sufferers. They prepare a food for infants which they believe, as do many leading physicians, to be the best substitute for mother's milk. They have a food for fat folks which is intended to supply all needed nutriment, while inducing a gradual but sure lessening of adipose tissue. They furnish a food for diabetics and sufferers from diseases of the kidneys, which, from the letters exhibited, I judge to be a highly valuable substance. In short, they are earnestly seeking to provide foods which will do all that foods can do by way of preserving the health of the strong, and restoring health and strength to the enfeebled. They believe it possible to make a food palatable and appetising as well as wholesome and sustaining. Whether their opposition to the use of bran is well or ill-based, it is evident that it is winning favor among doctors of all schools, as well as advanced hygienists. Dr. Bulkley, the eminent dermatologist, of the old-school practice, told me that he fully recognized the superior value of these improved foods. Dr. E. S. Newton, the head of the Eclectic faculty here, declared to me that the effect of these foods upon his patients had been little less than miraculous; while Drs. Gurnsey and Bayard—the very apostles of homeopathy—are loud in their praises of the products of this Company.

Hereafter, if you desire it, I will explain to you the philosophy of the Cold-Blast or Cold-Ground Whole Wheat Flour—a “Graham,” reduced as I have said, to a superfine powder, and therefore free from all irritating tendency—in order that you may be able to pass judgment upon its merits as food.

M. D.

DIABETES.

By W. W. HALL, A.M., M.D.

There are two forms of this deadly disease, the *diabetes insipidus* and the *diabetes mellitis*. The former ordinarily runs into the latter. The daily secretion of water is frequently enormous, reaching in some cases to five or six gallons. It is a wasting disease, and one which frequently terminates life in a few weeks or months, the sufferer meanwhile eating well, and therefore feeling that nothing special is the matter, when, at the same time, a fatal disease has got hold of him.

The first symptom of this disease which arrests attention, is the frequent call to pass urine, and the fact that a large quantity is voided at each attempt. It is not uncommon for pain to accompany the operation. At the same time there is great thirst, and often a voracious appetite. The mouth is apt to be dry, the tongue clammy and sticky, and often very red; there is flatulence and indigestion, and the bowels are usually constipated.

With the fearful drain on the system which we have indicated, debility and emaciation must surely follow, together with pain, especially in the loins and back. The limbs become feeble and almost powerless, and active exertion is rendered impossible. There is a simple test which those whose evacuations of water is excessive would do well to apply, in order that appropriate remedies may be availed of. It is simply the addition of a tablespoonful of yeast to a pint of the fluid, which must then be stirred and left in a warm but not hot place. If fermentation follows, the presence of sugar is established. Evaporation of another pint will enable the operator to secure the sugar crystals not unlike those of the grape. For the purpose of determining that the disease exists, this test will suffice. It will also indicate, approximately, by the acidity of the resulting fluid, the amount of sugar. A graduated test-tube, called a urinometer, is also serviceable, as by its daily use the varying per centage of sugar from day to day is to some extent determined. To void 2 qts. of urine daily, having a sp. gr. 1.020, proves the existence of dangerous saccharine diabetes. For

a long time there was no known cure for this disease, and its victim usually perished from debility or fell into pulmonary consumption. All attempts to cure the disease by medication have proved unavailing. Nearly every article of the *materia medica* has been tried from time to time, and while there have been occasional instances of amelioration, we have yet to see the first case permanently cured by drugs. Yet, in the present state of our knowledge, we do not look upon diabetes as necessarily a highly dangerous disease. If taken early it can be cured in nine cases out of ten, provided, always, that the patient will submit to be controlled.

Hot baths to induce perspiration are of great value. The truth is, however, that the treatment is chiefly dietetic. The food and drink must be regulated by science, and must be scanned as critically and prepared as carefully as if it were the food of an infant. It must be totally devoid of starch and sugar. The best possible food is the pure Gluten of Wheat freed from white flour, and containing no particles of bran to irritate the internal viscera. This pure, bland Gluten appears to be well nigh specific in its action. It quickly regulates the bowels, and relieves the constipation. It very rapidly nourishes and builds up the system. It restores the brain—which generally suffers in this disease—to a normal condition. The sugar disappears from the urine, and the secretion gradually lessens. When this point is reached, bodily vigor and elasticity will not be long delayed. To obtain the Gluten, address the Health Food Co.

Milk and cream in moderation, and eggs and tender beef and mutton, and such green things as spinach, may be partaken of in all stages of this disease, but the chief article of diet must be the pure Gluten, cooked in any simple way. The fact of the value of Gluten as a remedial food in this terrible disease has been known for forty years. Dr. Camplin of London had diabetes, and relieved it by using Gluten. He thought the relief came from the employment of Wheat bran, and accordingly recommended bran-food for the purpose. Bran-crackers and bran-flour were accordingly prepared for use in such cases, and diabetes was relieved in many instances, and the patient starved to death instead. We have conversed with dozens of victims of the bran theory, some of whom have been too feeble to repeat the story of their misery in a tone above a whisper. We have been able to convince them in a few days of the total fallacy of the bran theory, by restoring some of their old strength through the use of pure, branless Gluten and other appropriate means. All the good derived by Dr. Camplin or any other diabetic patient from bran, came from the Gluten which is always consolidated upon the outer chaff or hull of wheat by the weight of the upper mill stone. There is a good deal of Gluten in all such bran, but it is inseparably associated with the hull, and the hulls when swallowed ruin the digestion. A tea made of clean, fresh bran would do good service, were it not that to drink it to any useful extent would necessitate swallowing more fluid than a diabetic patient should take. For drinks in this disease only Gluten tea, or pure water, or Cereal Coffee, or milk, or buttermilk are admissible. As we have said, very little fluid of any kind should be taken, the thirst being properly quenched with crumbs of ice. Ale, beers and wines, and liquors containing alcohol must be scrupulously avoided, as if any of these are used, there is no possible cure. There are other very important regulations to be adhered to, which can more properly be communicated by letter, than made public in type. Sufferers from this or other disease, are privileged to address the Health Food Company with stamp to pay postage on the reply.

The great difficulty in treating this disease is, to induce the patient to do precisely as he is directed. He obeys implicitly for a few days, and, finding his worst symptoms abated, concludes that his case wasn't a very severe one, after all, and plunges into white flour bread, or potatoes, or rice-pudding, or beer, or some other form of dissipation, and suddenly discovers that the old enemy is upon him again, harder than ever to shake off.

The chemist of the Health Food Company has occupied many months in perfecting this food. His idea has been to prepare a food which should possess in a superior degree these essential qualities, viz., an agreeable odor and a palatable flavor; entire freedom from inert and insoluble particles; richness in the nitrogenous and phosphatic albumenoids; ready assimilability, and a completion of the cooking processes. The result is a strong blood-making and waste-repairing food, adapted to the infant, the adult, and the aged, ready for instant use, and capable of being easily and quickly digested, with the smallest possible demand upon the fluids and machinery involved. It is not claimed to be a partly digested food—for that is an impossibility; but it is fully prepared for digestion, and awaits only the appropriate conditions—the admixture of a suitable fluid vehicle and exposure to the juices of the stomach, to insure it. We have proved by several careful experiments that if mixed with three or more volumes of milk or water in a glass tube, at a temperature of 98° Fahr., it is converted into blood-substance in from forty to fifty minutes by the addition of one volume of fresh gastric juice; the resulting fluid being closely allied, chemically, to pure arterial blood.

There are several considerations connected with this scientific food which may be profitably discussed. In the first place, the Universal Food is packed for shipment in the form of a dry powder. Dryness is an absolute necessity when concentration is sought. We can dilute, attenuate, by adding fluid, but we cannot thus concentrate. This food is made dry, therefore, for reasons which all will appreciate; first, for convenience in handling and transporting; secondly, to secure the greatest possible concentration; and, thirdly, to render it imperishable for all time, under all ordinary conditions of exposure. Had it been offered as a fluid, it would have been necessarily weak in food-constituents, and would have demanded alcohol or other deleterious antiseptic to preserve it from destructive fermentation. An amount of nutriment equal to that which is contained in one package of this Universal Food, would occupy as good cow's milk, 40 quarts, and would equal in blood-making power, 60 eggs, 10 lbs. beef or mutton, 30 lbs. wheat, and 100 lbs. of soda-crackers. In either of these forms it would have been bulky, because associated with a vast preponderance of either inert or injurious matter, or matter easily obtainable everywhere when desired to be added. The fluid part of all real food is, and ever must be, water; and water is, happily, forever accessible. It is therefore carefully excluded from this food.

We say this food is perfectly cooked. Now, the object of cooking is not simply to impart a pleasant flavor; it is equally to convert indigestible substances into digestible ones. The inadequate or imperfect performance of that process of vital import—the cooking process—not unfrequently constitutes the sole difference between injurious food and admirable food. Aware of this truth, and that facilities for perfect cooking are not always at hand, they thoroughly cook their Universal Food, and thereby render it impossible for the careless cook to impair either its flavor, its digestibility, or its nutritive value. That the cook has the power to ruin all, is sufficiently attested by the fact that the exposure of any known food-substance to a temperature of carbonizing power, burns up the nutritive albumen, volatilizes the phosphatic salts, and converts the fatty and other carbons into empyreuma—a deadly enemy of digestion. Wisely, therefore, this concentrated Universal Food presents itself in a cooked form, precisely as does the more diluted food—milk. The cooking process is carried on for thirty hours, at a temperature of 160°, and the result is a perfect food for all ages and conditions of humanity. It is the true cure for many unnatural digestive states, and is capable of supporting life at its best with no assistance from other foods. In diabetes alone should its use be avoided.

CEREAL COFFEE.

[From *The Housekeeper*.]

Warm drinks are a necessity to civilized humanity, and it is of the first importance that we should seek to determine what beverage we shall habitually use. The late Mr. Greeley made it a practice to accompany his breakfast with a cup of hot water, rendered more palatable by the addition of a trifle of milk and sugar. He expressed to us the belief that some hot or quite warm fluid was needed to give tone to the stomach at the morning meal, and to assist the digestive processes. He could not employ tea or coffee without suffering the pangs of indigestion. This is true of multitudes, many of whom are unaware of the reason for their gastric uneasiness. They continue to swallow the very fluid which destroys their comfort, vainly imagining the while, that a stronger dose will give nature an extra jog, and accomplish some benign result. The truth is simply this: one half the human race cannot use an infusion of the tea-plant, nor that of the browned coffee berry, and at the same time maintain reasonably good digestion, and strong, sound nerves. These infusions have a wonderful power to stimulate, and an equal power to depress. Under their influence the brain and nervous system are elevated, exalted, raised, refined. When their short-lived influence ceases, the facility of descent to a lower than the original plane, is startling. It is the brilliant ascent of the rocket, and the dark, and gloomy fall of the stick. It elevates only to narcotize and destroy. ☹

Cocoa and its products have been largely used as substitutes for the well-nigh universal tea and coffee, but they have proved heavy and somewhat difficult of digestion, by thousands. It is a pity that this fragrant bean could not be more generally employed, as it is rich in that element which exists neither in tea nor coffee—we mean nutriment. But the majority declare it to be "sleepy stuff," and although its use is happily extending, it can never become the universal beverage. Probably the cereal grains are the source to which we must go for the perfect food-beverage, in which nutriment and flavor shall be scientifically blended. This is the thought which has actuated the Health Food Company in the preparation of their Cereal Coffee. It is a strictly scientific preparation, compounded of the gluten of wheat and barley. In its manufacture the starch of the cereal is carefully excluded, and only the nitrogenous gluten is employed. The barley portion is carefully browned, so as to impart to the infusion a pleasant, parched flavor. The portion derived from wheat is thoroughly cooked, so that its nutritive qualities are speedily imparted to the infusion. Steeped in a mixture of milk and water, a nourishing fluid results, having a flavor not wholly unlike that of Java coffee, and containing more than ten times as much food-value. ☺ If we compare this rich beverage with that obtained from real coffee, we discover that the Cereal Coffee would be worth \$3.00 per lb.—equal in nutriment to ten lbs. of old Java at 30 cents per lb. Chicory, and peas, and beans, and rice, and corn and rye, and sweet potatoes, and a host of other substances have been browned and infused in boiling water as substitutes for coffee, but they have all failed, because they have all been based upon starch in various forms. Real coffee contains little starch, and any successful substitute for it must be quite free from that tasteless and nearly useless food-substance. The Cereal Coffee of the Health Food Company appears to fulfill every indication, and to meet the precise want. The beverage produced from it is a powerful supporter of human life, and is an appetizing and delicious adjunct to the daily bill of fare, while leaving the brain and nerves uninjured by any noxious stimulating power. Lacking the tannic acid and the powerful narcotizing principle of tea, it neither deranges digestion, induces constipation, nor lowers the vital tone, as does that potent agent for evil. The browning and parching processes being conducted in vacuum, create no deadly, empyreumatic oil, such as always exists in browned coffee and its substitutes.

COLD BLAST ("ATTRITION") FLOUR

By W. W. HALL, A.M., M.D.

We are not the especial organ of the Health Food Company, but we rejoice in their success, and are happy to commend to our readers their efforts to supply pure and wholesome foods to the world. We daily experience the advantages which follow the use of the genuine articles prepared by this company, and can freely say that we suffer a serious disappointment whenever the table upon which our food is served lacks the appetizing and nutritious bread made from the Cold Air Attrition Flour, or the delicate, jelly-like mass which the Pearled Wheat affords, or the crisp, parched flavor of the Granulated Wheat Biscuit, or the deep ruby tint and fruity aroma of the Pomarius. To us and to our family these and other choice products of the mills and ovens of the Health Food Co. have become a necessity, as we are confident they will to hundreds of thousands of other families, as soon as the merits of these superior foods are widely known. Besides, the Health Food Company were our neighbors until the demands of their growing trade compelled their removal to more spacious quarters. This proximity takes us behind the scenes and enables us to speak intelligently of their operations. We can vouch for the care which they exercise in the preparation of all their products, as well as for their promptness and trustworthiness in all business affairs. We are witnesses, also, of much of the great good which they are all the time accomplishing in the building up of broken-down bodies, and the relief of some of the most annoying and painful diseases. Nor is this all. We are in a position to testify to the great moral good accomplished by their efforts. We almost daily hear men and women bearing glad and earnest testimony to the advantages which they have experienced from the exclusive use of these pure, strong, nutritious, simple, and genuine foods, in the place of a stimulating and artificial diet. Some not only admit, but earnestly assert, that the taste for whisky and tobacco has departed under the benign influence of true foods. Our observation taught us long ago that a properly-fed person, with good digestive powers, has no uncontrollable appetite for alcoholic fluids. It is the uneasy, miserable, sour stomach which craves the biting stimulant or the poisonous sedative; which demands something, it knows not what, and accepts alcohol in some form, because that potent fluid pricks the stomach up to a new sensation while narcotizing the brain and its radiating nerves into a less vivid consciousness of stomachic misery. Seeing all the good results from the very earnest and honest work of our neighbors, why should we not say a good word, as often as we have space, for the Health Food Company? In the interest of our readers and in the advocacy of that "higher life" for humanity, for which we have so long labored, we shall continue to commend to our brother's lips the genuine foods which are here provided for all.

And now let us see what they present that is new, and upon what sort of a basis they found their claims to superior excellence. A few months ago they introduced the preparation which is known as the Cold Air Attrition Whole Wheat Flour. In our last October number we described this flour, and took occasion to object to the name given it. As the process of manufacture is described to us, there is no "attrition" whatever employed. "Attrition" means "to wear with rubbing," and in the new flouring process there is no rubbing at all. The common process of reducing the wheat-berry by grinding between stones could be described by this word more appropriately. The pulverizing power employed by our friends is that of a compressed cold-air blast, which strikes the wheat and dashes it to atoms with tremendous force. We sometime ago suggested that the term "Attrition" be dropped, and that the flour be hereafter known as the

COLD BLAST WHOLE WHEAT FLOUR.

Of this flour we can not speak in too high terms. It is made from choice wheat, which, before pulverizing, is very carefully cleaned. In fact, its outer bark of woody fiber is removed. This is important, as the wheat-berry in its natural state is a rough, scaly structure, bristling with minute hairs and affording abundant hiding-places for the larva of insects. The pulverizing process by the cold-air blast reduces the grains to a fine powder, leaving no bran to be sifted out. Those who eat bread made from this flour get all the nutriment the wheat contains, and that, too, in a form easy of digestion. In the whole wheat meal or flour known as "Graham," even when made from sound wheat, which it is not, as a rule, the bran or hull remains in a coarse, flaky condition, and is not unfrequently a source of active and very unpleasant irritation to the stomach and bowels. Not only this, but the fact that the stomach contracts upon the contents in the natural process of digestion, and that it reluctantly and inadequately contracts when sharp and irritating points present themselves to the delicate lining membrane, shows that minute division of food is necessary to perfect digestion. The woody hull never digests, because it is not a food-substance. It is wise to get it out of our food if we can do so without extirpating some portion of the food-substance of the wheat at the same time. By the process of grinding the wheat between stones, it is impossible to retain the most nutritious part of the grain except in the form of hulls. This is because the chief nutriment lies next to the outer woody coat, and is flattened upon it by the grinding act. Sifting through fine silk bolting-cloth separates the white from the dark, the starch from the gluten and hull; that is to say, the white and heating from the dark and strength-giving food. If it were not for the hulls or woody fibers in the bran, it would be a far better food than the white part which is barreled up and sold as flour. But so long as whiteness is considered necessary, so long will our bread be nearly worthless as food. So long as mill-stones are used, so long will the bran contain the best part of the wheat. What suffering humanity needs is a fine flour containing all the food in the wheat. This is found in the Cold-Blast Whole Wheat Flour, beyond a doubt. It is equally certain that those who employ it will get more good from their bread than they have ever before secured. To such, bread will surely be, as never before, "the staff of life."

We have taken a good deal of interest in this flour and the bread and cakes made from it, and have sought information and recipes from all available sources. Some of our friends have succeeded admirably at once in baking this flour, while others have experimented several days before securing perfect results. Miss Julia Colman, who is known all over the country as a writer upon foods, gives her experience with the Cold-Blast Whole Wheat Flour and warmly commends its good qualities.

A very palatable and nutritious mush can be made from this Cold-Blast, Whole Wheat Flour, and that with scarcely any labor. We enjoy it very much when cooked at night and allowed to stand till morning, and then served cold with cream and sugar. All that is needed is to wet up the flour with as little cold water as possible, and then stir it, a little at a time, into boiling water, which must be kept over the fire and in violent ebullition, while the flour paste is being added. This destroys the taste of raw wheat as no other process will. Let it boil for fifteen or twenty minutes, and it is done. All kinds of cake, doughnuts, pie-crust—in short, anything which can be made from white flour may be made from this. We ask our lady readers to try it in all possible ways, and to write us the result, telling us at the same time, if they are willing that we should publish such accurate recipes as they may send, and print their names as authority. This will help the good cause, and serve to extend the use of what we are confident is by far the best flour in the world.

Ten thousand mills in the United States are actively engaged in destroying our most valuable cereal—the wheat. The destructive processes are, first, grinding between hot stones, and, second, bolting or sifting out nearly all the food-portion. The Health Food Company now come to the rescue, and start one little mill in just the opposite direction. In place of the grinding and sifting and bolting, they pulverize by the cold-blast and by pounding; instead of robbing the pulverulent mass of its chief food value—its gluten and phosphorous—as do the other ten thousand millers, they eliminate its starch by careful processes, and thus provide a very delicate, gray-colored substance, full of nutriment, and which when boiled and allowed to cool assumes the form of a trembling jelly, easily digested, powerful as a builder-up of weak and delicate persons, and better capable of sustaining the life of the laborer with body or brain, than any other food we have ever seen. It is, in short, a concentrated food, being 98 per cent. gluten, and very rich in phosphatic salts. For nursing mothers and for infants it is a wonderful food. The lacteal secretion is not only increased, but is marvelously enriched by its use. It has still another value, and one of the highest importance to a large class of sufferers. *It has proved itself to possess something like a specific influence over diseases of the kidneys.* A case of diabetes has been greatly modified, and, the patient declares, absolutely cured, under our eye, within the past two months by the use of this White Wheat Gluten to the exclusion of all other food. The case was a severe one, the secretion being five gallons every twenty-four hours on the average. One of our patients, afflicted with this dangerous and devastating disease, told us he had experienced untold comfort from the use of the Gluten. It then occurred to us that the venerable sufferer from diabetes might also find relief by its use. So we ordered it at once, and gave strict injunctions to the patient and attendants that no other food should be eaten. The effect was visible in four hours in the diminished secretion, and has been followed by what seems to be a perfect cure. The theory of this gratifying result is evident, but we need not state it here. We will try to discuss it in a future issue. Dr. Camplin, of London, announced it to the Royal Medical Chirurgical Society as long ago as 1862. He asserted that by freeing the wheat from starch, and retaining only the nitrogen, oil, diastase, and salts, and feeding the patient upon this rich food, the class of diseases of which we speak could be readily controlled. This we will say, here and now, that this White Wheat Gluten is absolutely the best single food we have ever tested, and is well worth a dollar a pound, instead of 25 cents. As for the manner of cooking it, perhaps the simplest and best is to make it into mash or porridge. This is done by stirring it into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt, butter, and sugar added at the close, improve the flavor. Diabetic sufferers must not eat sugar with it; all others can. Cream is always admissible, as is butter or milk. The White Wheat Gluten may be made into bread the same as “Granulated Wheat” (fine) or Cold-Blast Flour. Mixed with eggs, butter, and milk, and baked in thin cakes in a quick oven, it will be found very palatable. An excellent breakfast griddle-cake is made by taking one quart sweet milk, or milk and water, one heaping teaspoonful pure cream-of-tartar mixed dry with the Gluten, or stirred into a stiff batter of Gluten and cold water; one teaspoonful pure bicarbonate of soda dissolved in milk and stirred into the batter, and a little salt. Thin the batter with milk or water so that it will run readily from the spoon. Drop a spoonful of the batter on the griddle, having very slightly greased it first to prevent sticking. If the griddle is of soapstone, no grease will be needed. Let the cakes become brown. Sour milk works splendidly with Gluten, but the cream-of-tartar must be omitted when this is used. Vinegar mixed with water, works well in the absence of cream-of-tartar.

GLUTEN.

BY FRANK FULLER, A. M., M. D.

Until the HEALTH FOOD COMPANY, of New York, called the attention of the profession and the public to the value of cereal gluten as a nitrogenous aliment, little was known in this country concerning it. In America not an ounce of gluten had ever been completely separated from the starch and bran with which it is associated in nature. It had long been known and used in Europe as a precious and costly food for Diabetics, and a few packages of Connor's Gluten had reached this country from Paris, and had been sold at a dollar a pound. The gluten made by Connor, as well as that made by Van Abbott, in London, has served a useful purpose, since it has furnished an indifferent substitute for bread for those to whom ordinary bread, containing starch, is simply poison; yet the foreign glutens are not only very costly, but are tasteless, insipid, and almost repulsive as foods. The two glutens produced by the Health Food Co. are really palatable foods when skillfully cooked, and the consumer speedily becomes greatly attached to their fine, cleanly, grainy flavor. From a great number of microscopic observations I have made the following drawing for the purpose of showing precisely what gluten is.



Here is a great interior space surrounded with a circle of dark bead-work, which in turn is encircled by five layers or coats. The five layers are the bran-coats, known as epicarp, mesocarp, endocarp, testa, and endosperm. The dark bead-work is the layer of gluten-sacs, and the great interior is the starch-field. Analysis proves that the phosphorous and all other mineral constituents of the grain—except ailex—reside chiefly in this gluten layer. The outer bran-coats are mostly ailex and the testa contains a trace of iron; but neither digestion nor chemistry has the power to employ them for practical purposes, although some ignorant patent-medicine vendors have sought to impose upon the credulous by claiming to extract "foods" from these insoluble hulls. The "crude gluten," so-called, is simply the entire gluten sac with its contents; the "purified gluten" is only the contents of the sacs, the walls of cellulose being excluded. The last named gluten resembles the imported in appearance, but is vastly more palatable, and makes a greatly superior bread. The nearest approach to the glutens of this Company was the article called "Cerealine," formerly made by the process of Samuel Bentz, and no longer manufactured. This article contained the testa and the endosperm, as well as considerable starch, this objectionable adjunct being partly removed by sifting and not by water, as practiced by the Health Food Co. It is safe to say that gluten is the best nitrogenous food known.

The best bill of fare for diabetics, which we have seen, has recently been given to the world by Mr. C. C. Waite, proprietor of the "Brevoort" and "Windsor" Hotels, in this city. It differs in some particulars from all lists of foods for this class of sufferers, to be found in the books, and its admitted value rests in the fact that each and every article herein recognized as allowable, has been tested and found useful by the author, and every article disallowed has been proved harmful by the same excellent authority. These facts render this schedule of foods very valuable to all diabetic patients, and impel us to present it to our readers in this issue.

Mr. Waite decides, as we did long ago, that the disease alluded to is not to be cured by medicines. His experience clearly shows the uselessness of drugs, and the value of appropriate diet and regimen. He was reduced from strength to weakness, from vigorous health to death's door by this terrible disease before he knew its character. Then he sought counsel of the doctors and swallowed what they prescribed. He took steamer for Panama, attended by a physician, and returned lacking sufficient strength to walk from the carriage to his rooms in one of his hotels. He learned that Prof. Bouchardat, of Paris, was deemed the best authority in the world on the disease in question, and determined to sail for that city. The great French doctor examined him carefully, and told him that his salvation depended entirely upon himself; that medicines could avail little; that food, exercise, bathing, etc., were competent to save or slay him, according as they were wisely or unwisely used. He told him what to do, and how to live, and sent him back to America to recover, as it proved, and to assist many others in their efforts to rise from death to life.

Physicians will notice that Mr. Waite's bill of fare omits several articles which the majority of food chemists deem advisable for diabetics. Dr. Donkin has written two books to show that skim-milk is a valuable agent in the treatment of diabetes. Why *skim-milk* instead of whole milk we could never understand. Pretty much all the lactose, or milk sugar, found in the milk, exists in the skimmed fluid and not in the cream. Mr. Waite commends cream, very properly, we think, and condemns milk. Nearly all writers allow tomatoes and celery; Mr. Waite permits the use of neither. All the doctors favor the use of tea; Mr. Waite declares it to be little less than poison to the diabetic. When asked why he opposes these articles, he tells us that they proved injurious to him. His plan has been to test all things, hold fast to that which has proved good, and put a black mark against anything which has proved harmful.

His hardest task was the effort to find a bread-stuff which at once met the demands of appetite and thoroughly agreed with him. Bouchardat told him to use gluten bread only, as being free from starch—starch being known to nourish the disease and not the patient. So he brought from Paris a quantity of Connor's gluten, and the bread made from it. He tried to live on it, but it was as dry as a chip, and tasted like medicine. All the delicious butter of the "Brevoort" and "Windsor" would not make it palatable. By accident he learned that a better gluten flour was made in New York. A guest of the "Brevoort"—the Hon. Frederick Billings—was told by Prof. Austin Flint that the gluten flour made by the HEALTH FOOD COMPANY, of 74 Fourth avenue, New York, was a very valuable food, and more acceptable to the palate than any of the foreign glutes. This fact was at once communicated to Mr. Waite, who lost no time in securing a quantity. The flavor pleased him, and its continued use proved very advantageous. So he places it at the head of the list of allowable foods, and uses it freely at each and every meal.

So firmly had the disease fastened itself upon him, so improbable did it seem that he should ever recover, so large was the circle of his acquaintance, and so general were the facts known, that his complete recovery excited great interest. It would have been scarcely less a miracle had he risen from the dead. Multitudes called upon him, and he was besieged with communications from the sick and suffering, asking the name of the wonderful medicine which had made him whole. All he could say was that medicine had very little to do with the cure. He freely told them, besides, that relief, perhaps cure, rested with themselves. He wrote out a good many food-lists, and added useful hints about Turkish baths, exercise, etc. The *New York Daily World*, which devotes a good deal of space to an intelligent discussion of food topics, got hold of one of these and printed it. It was republished in the medical journals, and has been adopted by many physicians, who look upon it as more trustworthy than any similar schedule to be found in their books.

In presenting this Bill of Fare to all of those who are interested in the subject, and in expressing the decided opinion that it is in all respects superior to any food-list for diabetic sufferers which we have ever seen, and that the advice, so modestly conveyed, as to baths, exercise, etc., will prove of great value to patients of this class, we wish to call their attention to the vast good which intelligent laymen can accomplish by keeping a careful record of the facts connected with every case of prolonged suffering from wasting disease, and final recovery, and making it public.

BILL OF FARE,

AND

SUGGESTIONS FOR SUFFERERS FROM DIABETES.

OYSTERS AND CLAMS,

Raw or cooked *without* flour mixtures.

SOUPS.

All those without flour, rice, vermicelli, or other starchy substances, or the prohibited vegetables.

FISH,

Of all kinds, fresh or salted, including lobsters and crabs, sardines, and other fish in oil.

MEATS,

Of all kinds, more particularly beef and mutton, (livers not used). Also Tripe, Ham, Tongue, Bacon and Sausages.

POULTRY AND GAME,

Of all kinds. Avoid sweet jellies and sauces, with the Game.

SALADS,

In all varieties except Potato. Use freely of Lettuce, Cucumber, Romaine, Water-cress, Brussels Sprouts, Chicory, Dandelions, Young Onions, and Cold Slau, also Olives. Celery, Asparagus and Tomatoes, questionable.

VEGETABLES,

Of all kinds except Potatoes, Beets, Carrots, Turnips, Parsnips, Peas, Beans, Rice, or those containing sugar or starch. Cauliflower, Spinach, Cabbage and String Beans have been found particularly valuable. Sour apples cut in quarters, dipped in beaten eggs, rolled in cooked Gluten, and fried in very hot fat, make a good substitute for Potatoes, and may be used moderately.

FRUITS.

All kinds of tart fruits. Peaches and Strawberries in profusion, with cream (no sugar).

MILK AND CHEESE

Milk in some cases. Cream, Butter, Buttermilk, and all kinds of Cheese, freely. Very old Cheese injurious.

BREAD.

Only that made from Wheat Gluten flour. From Gluten a number of palatable Breads, Rolls, Pancakes, Fritters, Crullers, Griddle Cakes, Mushes and Puddings are made, rendering ordinary bread unnecessary.

NUTS.

Almonds, Walnuts, Brazil-nuts, Filberts, Pecan-nuts and Butternuts.
They should be freely salted.

PASTRY.

None, unless made from Gluten flour, *without sugar*.

EGGS.

Plenty of them. If boiled, let the time not exceed two minutes. Use in any way except in sweet omelettes and custards.
Picked Codfish with eggs. Scrambled Eggs with Chipped Beef.

COFFEE AND COCOA

Moderately, with cream and glycerine or licorice (no sugar).
Cereal Coffee particularly recommended. Tea objectionable.

SPIRITS OR LIQUORS.

None, and no wine except Claret, Burgundy, Rhine, or other acid varieties. Claret preferred. No malt liquors.

Eat slowly, and in moderate quantities. Take as little liquid as possible during meals, and throughout the day.

The tendency is to a dry skin, and perspiration being highly important, frequent warm baths are advised; the evening is the best time.
Cold or Tepid baths may be taken with advantage in the morning, exercising afterward to restore the circulation. Turkish baths are also recommended, once or twice a week, if approved by your Physician. Exercise as freely as possible in the open air, and sleep eight hours of the twenty-four.

This Bill of Fare is the result of the experience of a sufferer from Diabetes, to whom these foods have proved not only unobjectionable, but conducive to a cure. In view of the fact that the highest medical authorities have decided that medicines are of little or no avail in this disease; that the chief reliance is upon appropriate food; that improper food surely encourages the disease, while suitable foods unfailingly retard its progress; and that very few who suffer from this trouble are accurately informed as to what foods are admissible, and what are objectionable or dangerous, he offers this list as containing nothing which has proved injurious in his own case.

The suggestions in regard to bathing, exercise, and most of the foods are the results of his consultations with eminent medical men in America and Europe, among whom may be mentioned Prof. Bouchardat, of Paris; and their value as curative agents are borne out in his own experience.

As the elimination of sweets and starches has proved beneficial in nervous prostration and brain exhaustion, it is believed that the above Bill of Fare may be wisely adopted by all nervous sufferers.

The Gluten Flours, Cooked and Uncooked, as well as the Cereal Coffee, may be obtained of the Health Food Co., 74 Fourth Avenue,
New York. Tenth Street, New York.

FRUIT FOOD.—This is a laxative mixture of fruit and oats and coarse wheat, made palatable with honey. It has all the scratching, scouring power of coarse foods, and thus induces somewhat active movements of the bowels. It acts a good deal like Graham bread, only more so. It is probably better than pills or other purgatives, and is certainly pleasanter to take. The Health Food Co. look upon all such things as matters to be avoided, because it believes that the world needs feeding, not physicing, and that it will have good digestion when fed just right. Still, for those who can't get proper food, and who, therefore, suffer from torpid bowels, the FRUIT FOOD comes in as a ready aid and comforter.

INDIGESTION RELIEVED BY FOOD.—Dyspepsia and constipation—those twin horrors from which the sedentary brain-workers suffer in America—are invariably relieved, and often entirely overthrown, by the Health Foods. Although employed for a quarter of a century in private practice, by the founder of the Company, it is only five years since these delicate nutriments were first offered to the general public, and in that period more than 30,000 sufferers have found health and comfort in their use. The testimony of their value comes from all sources, and from none more cheerfully and cordially than from physicians. Medical journals have given them favorable mention, and the Cold Blast (Attrition) Whole Wheat Flour received special encomiums at the January (1878) meeting of the New York State Medical Society, at Albany. All the hospitals now use these Foods to a greater or less extent, and physicians send their patients to the office of the Health Food Company with a food-prescription, just as they were wont to send them to the drug store. Who shall say that this is not a revolution and a reform?

OPINIONS DIFFER.—Dr. L. Duncan Bulkley, the eminent Dermatologist, thinks the Health Food Company's Whole Wheat Flour the best food extant. Dr. John Douglass, Dr. Mattson, and a thousand other Doctors, and ten thousand laymen, characterize the Company's WHITE WHEAT GLUTEN as the best food known to science; Dr. Jennings, and multitudes besides, declare the UNIVERSAL FOOD to be the one thing needed for infants, and invalids, and all sorts of feeble folks. Cyrus Bradbury, of Hopedale, Dr. Hanaford, of Reading, Mass., and hundreds besides, declare, that as constipation is well-nigh universal among Americans, and as the GLUTEN SUPPOSITORIES always cure that trouble, the aforesaid Suppositories must necessarily be the best article made by the Company. Dr. Dunbar says: "Abandon all besides, and devote your energies to the manufacture of the EXTRACT OF GLUTEN AND BARLEY, which is so effectual in Consumption, Scrofula, Paralysis, and all wasting diseases." Dr. Stone says: "Drop all the rest and supply the world with your GLUTEN SOAP, so that humanity shall be beautiful as well as healthful." Prof. Austin Flint cordially commends the Company's GLUTEN FLOUR, and the bread made from it, to all Diabetics. And so it goes, all around; there is not an article manufactured by the Health Food Co. which is not considered by somebody *the best thing in the world.*²³ More than 100 letters have been received and published by the NEW YORK DAILY WITNESS since the first day of December, 1878, from doctors, clergymen, and other intelligent persons, all bearing earnest testimony to the great value of the Health Food Company's products in various diseases. This goes to show that each article is invaluable in its place. No one food will meet every case which presents itself. Foods must differ quite as much as diseases. Carbonaceous substances, in a condition to be very largely digested, may be just the thing for the consumptive, and

yet may be of small value for the atheromic—the sufferer from fatty degeneration of the heart and other tissues. The sufferer who consults the highest authority, and is made whole by a given food, naturally thinks *that* the best for every other sick person. A careful perusal of all the printed matter published by the Health Food Co. will enlighten the reader upon all these points, and enable him to select intelligently.

HEALTH FOODS IN HOTELS.—Hundreds ask each month—"What hotels in New York City supply the Health Foods?" To all such we say, that the leading hotel of New York—the WINDSOR—obtains from the Health Food Co. a variety of its excellent products, takes special care to see that they are properly cooked, and displays them prominently upon its Bills of Fare. The BREVOORT—the oldest and best hotel on the European plan in America—cooks the Health Food Company's Gluten, as well as the coarse and fine Granulated Wheats, in the most perfect style, every day in the year. The STURTEVANT HOUSE placed several of the Health Food Co.'s articles on its Bill of Fare in 1877, and has supplied immense quantities of them to the patrons of this excellent house ever since. Very large quantities of these articles are also made use of by Smith & McNell's Hotel and Restaurant, which feeds 15,000 people daily, the year round. Outside of New York, they are gradually working their way into the best public houses. The MASSASOIT HOUSE, Springfield, Mass., has begun to use them, and the NEW HAVEN HOUSE, of New Haven, Conn., is consuming them largely. Soon all first-class hotels throughout the country will be forced by public sentiment to serve them regularly. As Mr. Moseley, of the NEW HAVEN HOUSE says, "No hotel keeper who caters for the best class, can afford to be without them."

PRINCIPAL OFFICE.

Health Food Company,

74 Fourth Avenue.

(Adjoining Stewart's.)

Cor. 10th St.,

NEW YORK.

AGENCIES.

New York City, PARK & TILFORD.

Brooklyn, S. B. RICE, 9 Clinton Street.

Boston, FULTON, BARTLETT & BLAIN, 694 Washington St., Agts. for N.E.

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Buffalo, N. Y., ARTHUR B. WILKES, 16 East Seneca Street.

Washington, D. C., N. W. BURCHELL, 1,332 F. Street.

Hartford, Ct., FOX & CO.

New Haven, Ct., D. M. WELCH.